



Be Heard... Be Hope

Welcome



TODAY'S TOPIC AWARENESS PRESENTATION

Gambling Addiction



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	Agenda Items
	Ground Rules & clubhope™ Affirmation
	Topic Awareness Presentation: Gambling Addiction
	Group Discussion
	Lessons Learned and Takeaways
	Next Club Meeting Topic
	clubhope™ Instagram
	Adjourn Meeting

Ground Rules



*No phone use please
No side conversations
All opinions accepted
It's important to share
Try to stay on topic*

clubhope™ Affirmation

- *We respect and honor all opinions and feelings.*
- *It is okay not to talk but all are encouraged to participate when ready.*
- *No one is judged, we show respect and empathy for each other.*
- *No one is perfect, we all face problems, and we try to improve our situation one day at a time.*
- *I may come to learn that others are dealing with the same issue I face.*
- *It is understandable that some of us possess untold truths about the way we feel and what we have experienced.*
- *We gather to have meaningful conversations to recognize we are not alone.*
- *Seeking professional support can help me, there is no shame in asking for help.*
- *We want to help others and ourselves.*
- *Be Heard . . . Be Hope*

What Is Gambling Addiction and Problem Gambling?

- Gambling addiction (aka gambling disorder, compulsive gambling, or pathological gambling) is an impulse control disorder that involves uncontrollable or intense cravings to gamble money.
- Problem gambling includes all behavioral patterns that negatively impact personal and family relationships as well as school and/or job commitments.

Signs and Consequences of Gambling Addiction and Problem Gambling

- Poor school and/or work performance and/or unemployment
- Strained relationships
- Poor physical and mental health
- Suicide or suicide attempts
- Financial problems, including bankruptcy
- Legal problems or imprisonment
- Preoccupation with gambling, such as constantly thinking of how to acquire more gambling money
- Needing to increase the amount of money/stakes to achieve the same thrill
- Trying to limit/control gambling without success
- Feeling irritable or restless when limiting gambling
- Gambling to escape problems or relieve depression or anxiety
- Trying to get back lost money by gambling more
- Lying to friends or family members about the extent of your gambling
- Resorting to illegal activities to get money for gambling
- Relying on others to get you out of your financial troubles due to gambling losses

Gambling Addiction Treatment

Treating a gambling addiction can be very challenging. The biggest step towards treatment is admitting that there is a problem. From there, the treatments include:

Therapy:

- Therapy can help individuals identify unhealthy, negative beliefs and replace them with healthy, positive beliefs. Furthermore, it can help individuals learn skills that reduce the urge to gamble

Medications:

- Medications like antidepressants and mood stabilizers are effective at reducing the problems – depression, OCD, or ADHD – that arise alongside gambling addictions. Some antidepressants may also be effective at reducing the urge to gamble

Self-Help Groups:

- Self-help groups are effective for individuals who find comfort in talking to others with a common problem.

Gambling Addiction Statistics

According to the National Council on Problem Gambling, the percentage of high school students with a gambling problem is double that of adults, research has found. About 5% of all young people between 11 and 17 meet at least one of the criteria for a gambling problem, such as liking the rush felt when gambling, writing IOUs to stay in the game and wanting to win “the big one” so much that they keep playing even when losing a great deal.

Additionally, the National Council on Problem Gambling reports that 85% of U.S. adults have gambled at some point in their life. Around 2 million U.S. adults are considered to have severe gambling problems and between 4-6 million U.S. adults are considered to have moderate gambling problems.

Prevention

The best way to prevent a gambling addiction is to refrain from gambling. However, if you do gamble, steps to protect yourself include:

- Limit the time and money spent on gambling
- Balance recreational gambling with healthy activities
- Gamble only with money budgeted for entertainment
- Never borrow money to gamble
- Know the risks before you bet and know that everyone loses over time
- Play for fun, not for money

Group Discussion

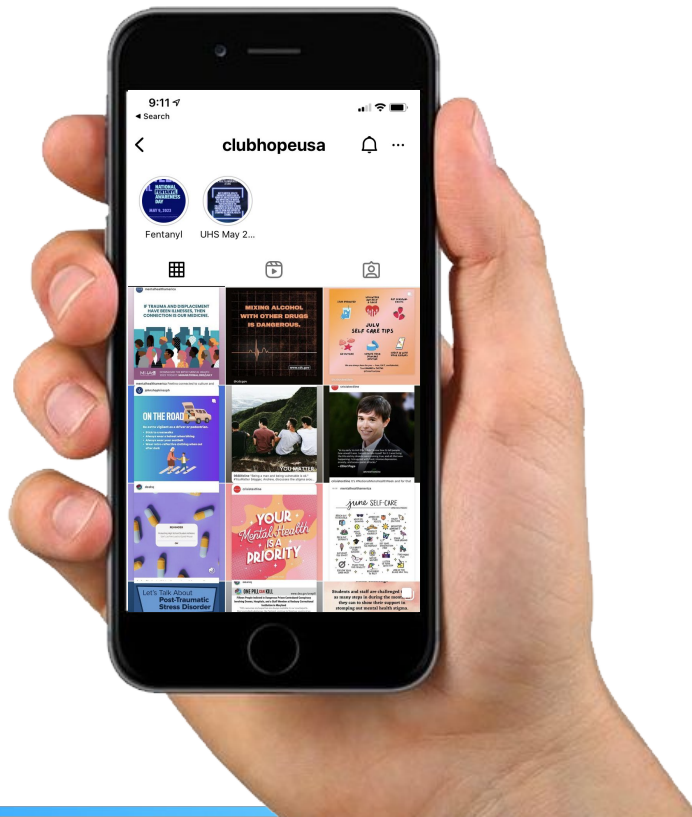


CAPTURE TAKEAWAYS

Instagram

@clubhopeusa

<https://www.instagram.com/clubhopeusa>



Club Business

- **Status of Fundraisers & Events**
- **Next Meeting Date & Time**



See You At The Next Meeting



That's All Folks
Meeting Adjourned

